

Note Taking / Note Making



Key Words:

Notes:



Record

Write stuff down while you are in class.

Reduce

Pull out Key Facts.
(Same Day!)

Recite

Say it out loud several times!

Reflect

Wait 24 hours and go over the material again.

Review

Seven days later AND before your test.

Sample Test Questions and Answers:



10-24-7

10—Take 10 minutes before you go to bed and review what you learned.

24—24 hours later, if you can remember then it is locking itself into long term memory, if not, learn again.

7—If you can remember it 7 days later, you'll have it in your brain forever!